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Product Listing

Marketing Services

Summer 1995



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INTRODUCTION

We are pleased to provide you with a copy of the Addiction Research Foundation's (ARF) Product Listing. We hope it will serve as a handy reference to all of the products available from Marketing Services. If you wish to receive more information on an ARF product call us at 1-800-661-1111 and we will prepare a package with more details.

The products have been divided into the following categories:

- ASSESSMENT / TREATMENT
- PERIODICALS
- PUBLIC INFORMATION MATERIALS (PIMS)
- REFERENCE
- TRAINING
- VIDEOS
- ADDITIONAL RESOURCES

Pricing:

Prices are current as of April 1995, and are subject to change. All orders are subject to GST and PST (where applicable) and a 10% shipping and handling charge. The 10% shipping and handling charge is negotiable on large volume orders.

- Libraries receive a 20% discount on most products.
- Volume discounts and site licences are negotiable.
- Bookstores and distributors may be eligible for discounts.

Payment Options:

Prepayment by way of cheque, money order, credit card (Mastercard, VISA or American Express) or official purchase order is required for orders to be processed.

Return Policy:

All products are fully covered by a returns guarantee which allows customers to return any item in **saleable condition** within 45 days of the shipping date. Please note that software cannot be returned if the shrinkwrap has been broken.

How to Reach Us:

By Mail:

Addiction Research Foundation
Marketing Services
33 Russell St.
Toronto, Ontario
M5S 2S1

By Telephone:

In Toronto: (416) 595-6059
Outside Toronto: Toll-free 1-800-661-1111

By Fax:

(416) 593-4694

Hours of Operation:

Monday - Friday, 9 a.m. - 5 p.m.

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Alcohol and Drug Problems: A Practical Guide for Counsellors

Edited by: Betty-Anne M. Howard, Susan Harrison, Virginia Carver and Lynn Lightfoot

Published 1993

453 pages

ISBN # 0-88868-202-6

\$34.95

Ontario PST Exempt: YES

Product Code : P563

Written by experts in the fields of social work, psychology, law and medicine, this book offers "hands-on" information to front-line treatment professionals about alcohol and drug use. It explores a wide range of topics, including ethics and professional issues, relapse prevention, AIDS, clients on probation or parole and workplace issues.

Alcohol and Drug Treatment Resources in Ontario, 1995-1996

Compiled by Drug and Alcohol Registry of Treatment (DART)

Published 1995

ISBN # 0-88868-223-9

\$29.95

Ontario PST Exempt: YES

Product Code: P6473

Bilingual information provided for facilities offering services in French

This directory lists 228 addiction treatment facilities in Ontario. The main listings are grouped by District Health Council (DHC) regions. Facilities are indexed alphabetically, geographically, by client populations and treatment options. Individual entries include information on:

- type of service provided
- languages offered
- hours of operation
- contact person
- agency overview and more

Alcohol Clinical Index

Harvey A. Skinner and Stephen Holt

User's Guide

Published 1987

31 pages

ISBN #0-88868-144-5

\$9.75

Ontario PST Exempt: NO

Product Code: PG034

Questionnaires

\$9.95 (Package of 50)

Ontario PST Exempt: NO

Product Code: P148 Alcohol Use Questionnaire
P149 Checklist Questionnaire
P146 Clinical Signs Questionnaire
P147 Medical Use Questionnaire

Many health problems, such as ulcers, insomnia and depression, can be early signs of alcohol dependence. The *Alcohol Clinical Index User's Guide* helps treatment professionals identify a client's alcohol problem. It also outlines how to administer the Index and obtain corroborating data.

The *Alcohol Clinical Index* questionnaires offer efficient ways for health care professionals to pinpoint underlying drinking problems. The two main questionnaires measure criteria in the areas of clinical symptoms and medical history. The two additional questionnaires - Alcohol Questionnaire and Checklist of Early Indicators and Risk Factors - can be completed when index scores suggest a problem. A sample of each questionnaire accompanies the User's Guide. The questionnaires can also be purchased individually as listed above.

Alcohol Dependence Scale (ADS)

Harvey A. Skinner and John L. Horn
Published 1984

ADS Kit (User's Guide and 25 Questionnaires)

\$15.00

Ontario PST Exempt: YES

Product Code: PG011

User's Guide

34 pages

ISBN # 0-88868-091-0

\$14.25

Ontario PST Exempt: YES

Product Code: PG010

Questionnaire

\$6.25 (Package of 25)

Ontario PST Exempt: NO

Product Code: P143 (English)
P1430 (French)

French version available: *Questionnaire sur la consommation d'alcool*

This kit is the most reliable clinical tool in use today for measuring the severity of alcohol dependence and assessing clients with alcohol problems. Based on the World Health Organization's theoretical concept of a core alcohol dependence syndrome, the 25-item questionnaire can be quickly administered and scored by hand. The User's Guide contains data and validation information from various in-patient and out-patient samples.

ASIST (A Structured Addictions Assessment Interview for Selecting Treatment)

Questionnaires

\$25.00 (Package of 10)

Ontario PST Exempt: NO

Product Code: PZ072 (English)
 PZ081 (French)

French version available: *Entrevue structurée d'évaluation de la toxicomanie*

When assessing clients with drug and alcohol problems, clinicians need to consider the full range of issues affecting substance abuse. ASIST is the most comprehensive assessment tool available today, illuminating patterns of alcohol and psychoactive drug use; physical and mental health problems; and family, employment and legal problems in patients' lives.

Assessment Handbook

Linda Palanek, Christine Bois, Darryl Upfold, Robert Murray and Michael Gavin

Published 1990

176 pages

ISBN #0-88868-184-4

\$35.00

Ontario PST Exempt: YES

Product Code: PZ071

This handbook will help assessment workers make the best use of local treatment and support services. Contents include intake policies, guidelines for treatment planning, case management procedures, clinical procedures and policies, and samples of ADS, ASIST and DAST-20 questionnaires.

Directory of Client Outcome Measures for Addictions Treatment Programs

Prepared by ARF research team

Published 1993

284 pages

\$39.00

Ontario PST Exempt: YES

Product Code: PG059 (English)
PG065 (French)

French version available: *Répertoire des mesures d'évaluation de la situation des clients en phase de suivi à l'usage des programmes de traitement de la toxicomanie*
303 pages

This valuable resource is a product of research on measuring the effectiveness of various treatment options. It includes information on more than 25 options designed to assess client outcomes, such as ADS, DAST-20 and CBI (Coping Behaviours Inventory) and can be used by any treatment provider.

Each entry includes information on target population, administrative reliability, scientific validity and ability to measure change. Some samples of actual measures are reproduced.

Treatment providers can use these clinical tools to monitor the progress of clients, pinpoint what works best for different client groups and evaluate the success rate of their programs over time.

Directory of French Alcohol and Drug Treatment Services in Ontario

French title: *Répertoire des services en français pour le traitement de l'alcoolisme et de la toxicomanie*

Published 1994

76 pages

Free in Ontario

Bilingual

Product Code: P6472

A listing of addiction-specific as well as general health and social service agencies in Ontario who provide assistance in French for French speaking clients.

Drug Abuse Screening Test (DAST-20)

Questionnaire

\$5.50 (Pad of 100)

Ontario PST Exempt: NO

Product Code: PZ075 (English)
PZ097 (French)

French version available: *Questionnaire sur la consommation de drogues*

This five-minute questionnaire, used in an interview or self-evaluation, can help gauge the severity of addiction to drugs other than alcohol. The *Assessment Handbook* or the *Directory of Client Outcome Measures*, available separately, show how to score the answers and rate drug-related problems. Results can then be used in treatment planning.

The Evaluation Casebook: Using Evaluation Techniques to Enhance Program Quality in Addictions

Prepared by ARF research team

Published 1994

274 pages

ISBN # N/A

\$39.00

Ontario PST Exempt: YES

Product Code: PG068 (English)
PG069 (French)

French version available: *Guide d'évaluation: Illustration de techniques visant à améliorer les programmes de traitement de la toxicomanie*
274 pages

This publication offers straightforward advice on how to conduct effective program evaluation. Realistic examples illustrate a wide variety of evaluation techniques, ranging in scope from simple to complex and from modest to expensive.

Through a step-by-step format you'll discover how to obtain clear answers to your questions; collect data; present your findings and put your results to work for you. All techniques are rated for cost and level of complexity. An excellent resource for novice or experienced program evaluators.

Inventory of Drinking Situations (IDS-100)

Helen M. Annis, J. Martin Graham and Christine S. Davis

Software Version (including User's Guide)

3½" or 5¼" disks, IBM compatible (please specify disk size when ordering)

50 uses: \$140.00

200 uses: \$450.00

(In Ontario special disks are available as part of the OPTIONS Program)

Ontario PST Exempt: YES

Product Code:	PD003	50 uses
	PD004	200 uses

Print Version

User's Guide and Package of 25 Questionnaires

\$25.00 (Available in Ontario as part of the OPTIONS Program)

Ontario PST Exempt: YES

Product Code: PG036

Questionnaires including answer sheet and client profile (package of 25)

\$14.75 (Available in Ontario as part of the OPTIONS Program)

Ontario PST Exempt: NO

Product Code:	P144 (English)
	P1444 (French)

French version available: *Liste des occasions de consommation d'alcool (LOCA)*

User's Guide

\$13.50 (Available in Ontario as part of the OPTIONS Program)

Ontario PST Exempt: YES

Product Code: PG035

.....

... (Cont'd)

Questionnaire, including answer sheet and client profile, short version for research purposes (package of 25)

\$12.75 (Available in Ontario as part of the OPTIONS Program)

Ontario PST Exempt: NO

Product Code: P1441 (English)
 P1446 (French)

The IDS is a treatment planning tool that provides a profile of situations in which clients drank heavily during the past year. A self-report questionnaire measures frequency of heavy drinking in personal and social situations commonly associated with relapse. They include personal states (unpleasant and pleasant emotions, physical discomfort, testing self-control, urges and temptation). The IDS also deals with the effects of personal conflict; social pressures to drink; and pleasant times with others.

Commonly used at intake (but also useful for follow-up), the IDS actively involves the client in the treatment process from the outset. Pinpointing the situations which pose the greater risk for the client allows you to develop treatment that is both specific and individualized.

A 100-item version (IDS-100) is recommended for clinical purposes. A shorter 42-item version (IDS-42) can be used for research purposes. The User's Guide summarizes available psychometric information, including normative and validity data.

Situational Confidence Questionnaire (SCQ-39)

Helen M. Annis and J. Martin Graham

Software Version (User's Guide included)

3½ " or 5¼" disks, IBM compatible (please indicate disk size when ordering)

50 uses: \$ 70.00

200 uses: \$225.00

(In Ontario special disks are available as part of the OPTIONS Program)

Ontario PST Exempt: YES

Product Code: PD006 50 uses
 PD007 200 uses

...(Cont'd)

Print Version

User's Guide and 25 Questionnaires

\$25.00 (Available in Ontario as part of the OPTIONS Program)

Ontario PST Exempt: YES

Product Code: PG040

User's Guide

\$13.50 (Available in Ontario as part of the OPTIONS Program)

Ontario PST Exempt: YES

Product Code: PG039

Questionnaires, including answer sheet and client profile (package of 25)

\$14.95 (Available in Ontario as part of the OPTIONS Program)

Ontario PST Exempt: NO

Product Code: P153

The SCQ is a 39-item questionnaire that measures an alcoholic client's self-confidence in dealing with a variety of high-risk situations that may lead to relapse. The SCQ can help treatment providers and counsellors monitor the progress of their clients. Scientists researching treatment outcomes and the process of relapse will also find the SCQ a useful tool. It is available in print or as client-interactive software, and its User's Guide summarizes available psychometric information.

Youth and Drug Abuse: A Planner's Guide to Multi-Functional Treatment

Elsbeth Tupker, Sharon Airhart, Gwen Carroll, Virginia Carver, Garth Martin, Alan Ogborne and Wayne Skinner

Published 1994

56 pages

\$19.95

Free in Ontario for government funded and non-profit organizations

Ontario PST Exempt: YES

Product Code: PY005 (English)
PY006 (French)

French version available: *L'abus de drogue chez les jeunes: Guide de planification du traitement multifonctionnel*

This guide has been specifically designed to provide all the tools needed to develop and implement services for youth with substance abuse problems. It is divided into six sections that form a comprehensive treatment approach; identification, detoxification, assessment and treatment planning, treatment and rehabilitation, continuing care and case management.

The Journal

Bi-monthly broadsheet publication

Canadian Subscriptions: \$15.00 / 6 issues

International Subscriptions: \$19.00 / 6 issues

ISSN # 00446203

Free in Ontario

Ontario PST Exempt: YES

Product Code: PS001 (English)
PS005 (French)

French version available: *Le Journal*

ISSN #1201-2572

Published by ARF, *The Journal* has provided award-winning coverage of the addictions field for over 20 years. It features reports from medical writers around the world, in-depth articles, listings of major conferences and events, and reviews of the latest in educational and promotional materials.

Projection

Report

Published bi-monthly by the Addiction Research Foundation

Canadian subscriptions: \$18.00

Outside Canada: \$23.00

Free in Ontario

Product Code: PS002

In-depth reviews of audio-visual materials on a wide variety of subjects surrounding drug and alcohol addiction. A committee of ARF specialists, addiction workers and community members bring years of experience and a broad range of interests to the review process. All reviews include a synopsis and a general evaluation which rates the video on a six point scale.

About Cocaine

Booklet

8 pages

\$42.50 (Package of 50)

First 50 free in Ontario

Ontario PST Exempt: YES

Product Code: P382 (English)
P3820 (French)

French version available: *La cocaïne*

Written and illustrated in the style of a comic book, *About Cocaine* describes the sensations and dangers of cocaine use, legal penalties for possession and trafficking, and the history of cocaine. It is designed for use in teen drug education programs.

About Smoking

Booklet
8 pages
\$42.50 (Package of 50)
First 50 free in Ontario
Ontario PST Exempt: YES

Product Code: P383 (English)
 P3830 (French)

French version available: *Le tabac*

This booklet deals with the facts about tobacco: what's in a smoke, how it's produced and its effects. Its comic-book style and humorous tone deliver a serious message about the dangers of smoking to its teenage audience.

Alcohol and Drug Treatment in Ontario: A Guide for Helping Professionals

Booklet
Developed by an ARF project team
Published 1994
44 pages
ISBN # N/A
Free in Ontario

Product Code: PZZ93 (English)
 PZZ94 (French)

French version available: *Traitement des problèmes liés à l'usage d'alcool et de drogues en Ontario: Guide pour les professionnels aidants.*

This guide is designed to help health and social services professionals who are not addictions specialists get clients started on the road to treatment. The guide summarizes the options available in Ontario's treatment system, including assessment and referral services and self-help groups.

Alcohol and Drug Treatment in Ontario: A Guide for People Seeking Help

Brochure

Developed by an ARF project team

Published 1994

Free in Ontario

Product Code: PZZ91 (English)
 PZZ92 (French)

French version available: *Le traitement des problèmes d'usage d'alcool et de drogues en Ontario - Un guide pour les personnes qui recherchent de l'aide*

Health and social services professionals can offer this brochure to their clients to help them make choices about treatment options in Ontario. It answers some common questions regarding services, such as cost, types and lengths of treatment and services for people with special needs.

Alcohol, Drugs and Woman Abuse

Pamphlet

\$22.50 (Package of 50)

First 50 free in Ontario

Ontario PST Exempt: Yes

Product Code: P127 (English)
 P1270 (French)

French version available: *Alcool, drogues et violence faite aux femmes.*

This pamphlet deals with the facts about violence against women and girls; how prevalent it is, what its long term effects can be and where to seek help.

Believe in Yourself! Be Drug Free

Free in Ontario (while supplies last)

Product Code: PZZ07 Bookmark (Bilingual)
 PZZ08 Large Sticker (English)
 PZZ10 Large Sticker (French)
 PZZ09 Small Sticker (English)
 PZZ11 Small Sticker (French)

French version available: *Croyez en vous! Vivez sans drogues*

These promotional items highlighting the Believe in Yourself! slogan are distributed primarily during Drug Awareness Week.

Corporate Profile: From Knowledge to Action

Pamphlet
Free in Ontario

Product Code: PZZ64 (English)
 PZZ65 (French)

French version available: *Le Savoir a l'action*

This pamphlet provides an overview of the mandate of the ARF and looks at some of its many programs and services.

Dealing With Drinking

Pamphlet
\$42.50 (Package of 50)
First 50 free in Ontario
Ontario PST Exempt: NO

Product Code: P391 (Bilingual)

This colourful pamphlet defines and explains problem drinking, and suggests five steps to drinking more sensibly. *Dealing With Drinking* folds out into a wall poster and is an aid to anyone concerned by their own or someone else's drinking habits.

*** NOT AVAILABLE - CURRENTLY IN REVISION.**

Do You Know...**Pamphlet Series**

First published 1992

Each title (Package of 50): \$10.00

Set of 13 Titles: \$110.00

First 50 free in Ontario

Ontario PST Exempt: NO

This series of concise, straightforward pamphlets answers common questions about a variety of addictive substances. Each pamphlet outlines the appearance, reasons for use, effects and dangers of the drug, and is ideal for teenage health courses. The series includes:

Product Code:	English	French
P251		P301 Do You Know - Alcohol
P264		P314 Do You Know - Alcohol, Other Drugs and Driving
P252		P302 Do You Know - Amphetamines
P253		P303 Do You Know - Barbiturates
P263		P313 Do You Know - Caffeine
P254		P304 Do You Know - Cannabis
P262		P312 Do You Know - Cocaine
P255		P305 Do You Know - Hallucinogens
P257		P307 Do You Know - Opiates
P259		P309 Do You Know - Solvents and Aerosols
P256		P306 Do You Know - Steroids
P260		P310 Do You Know - Tobacco
P261		P311 Do You Know - Benzodiazepines
P249		P299 Do You Know - Complete Set (50 of each title)

French Version Available: *Vous connaissez....*

An Early Start

Booklet

Developed by the ARF and Parents Against Drugs

Published 1993

\$42.50 (Package of 50)

First 50 free in Ontario

Ontario PST Exempt: YES

Product Code: P392 (English)
 P3920 (French)

French version available: *Premiers pas*

This pamphlet was written for parents of children up to the age of seven. It is designed to give parents an early start in helping their children avoid problems with alcohol and other drugs.

Facts About...

Pamphlet Series

Each title (Package of 50): \$10.00

Set of 14 titles: \$110.00

First 50 free in Ontario

Ontario PST Exempt: NO

This pamphlet series provides detailed information on a variety of substances, including their short-and long-term effects, withdrawal symptoms, and potential for abuse. It is ideal for professionals in the health and addictions fields. The series includes the following titles:

Product Code:	English	French
P001	P0010	Facts About - Alcohol
P002	P0020	Facts About - Amphetamines
P003	P0030	Facts About - Barbiturates
P004	P0040	Facts About - Caffeine
P005	P0050	Facts About - Cannabis
P006	P0060	Facts About - Cocaine
P007	P0070	Facts About - Hallucinogens
P008	P0080	Facts About - Inhalants
P009	P0090	Facts About - LSD
P010	P0100	Facts About - Opiates
P011	P0110	Facts About - PCP
P012	P0120	Facts About - Tobacco
P013	P0130	Facts About - Benzodiazepines
P015	P0150	Facts About - Alcohol, Other Drugs and Driving
P014	P0140	Facts About - Complete Set (50 of each title)

French version available: *Renseignements sur...*

Having a Party?

Pamphlet
Printed 1995
Free in Ontario

Product Code: PZZ66 (English)
 PZZ67 (French)

French version available: Vous recevez des amis?

This informative pamphlet is designed to advise hosts of their legal responsibilities when having a party. Produced in cooperation with the LCBO and the Attorney General's Drinking/Driving Countermeasures office, it provides 10 tips to reduce the risks for people who serve alcohol or host events where guests are drinking.

INFO-ARF Drug and Alcohol Information Line

Pamphlet
Free in Ontario

Product Code: PZZ05 (English)
 PZZ06 (French)

French version available: *INFO-ARF La ligne d'information sur la drogue et l'alcool*

This pamphlet promotes the toll-free INFO-ARF drug and alcohol information line. It provides a detailed listing of the topics available on audiotape as well as the hours of operation of the staff-assisted referral and information service.

Is it Safe For My Baby?

Pamphlet

\$42.50 (Package of 50)

First 50 free in Ontario

Ontario PST Exempt: NO

Product Code: P126 (Bilingual)

French title: *Est-ce sans danger pour mon bébé?*

This quick-reference chart describes the effects of 16 different substances — including tobacco, caffeine, and prescription, over-the-counter and illegal drugs — on a developing fetus. It folds out into a wall poster.

Just Say "Know" : Know the Facts About Spinal Cord Injury and Alcohol

ARF in collaboration with Lyndhurst Spinal Cord Centre and the Canadian Association of Paraplegics

Booklet

Published 1995

\$30 (Package of 25)

First 50 free in Ontario

Ontario PST Exempt: YES

French version available: *Faits et effets: L'alcool et les traumatismes*

Product Code: P395 (English)
P3950 (French)

Written for people with spinal cord injuries, this booklet outlines the specific risks that alcohol can pose for them. The topics covered include bladder and kidney damage, dysreflexia, skin breakdown, alcohol-drug interactions, injuries and choking.

It also provides basic information on the general effects of alcohol, and answers questions such as how much is too much, and where to go for help with a drug or alcohol-related problem.

Low Tar Cigarettes are Hazardous to your Health: Advice for Smokers

Pamphlet

By Lynn T. Kozlowski

Printed 1993

\$32.50

First 50 free in Ontario

Ontario PST Exempt: YES

Product Code: P139 (English)
 P1390 (French)

French version available: *Les cigarettes à faible émission pourraient être nocive pour votre santé*

This pamphlet clears up some common misconceptions about low tar cigarettes, which can be as harmful as regular cigarettes depending on how they are smoked.

Marijuana: Answers for Young People and Parents

Pamphlet

\$37.50 (Package of 50)

First 50 free in Ontario

Ontario PST Exempt: YES

Product Code: P138 (English)

Each year, the ARF receives hundreds of phone calls about marijuana. This pamphlet answers 13 of the most-frequently asked questions, such as: "Is cannabis addictive?" and "What is a marijuana high like?" Also included is a short quiz that both youths and parents can use to test their knowledge.

*** FRENCH VERSION IS OUT OF PRINT**

Me...On Drugs?

Poster

\$42.50 (Package of 50)

First 50 free in Ontario

Ontario PST Exempt: NO

Product Code: P123 (English)
 P1230 (French)

French version available: *Moi, je prends de la drogue?*

Caffeine, alcohol, steroids, sleeping pills, cocaine, heroin and marijuana — all are drugs, and some are more prone to abuse than others. This poster, intended for the general public, lists the short- and long-term effects of 12 substances and defines drugs, drug problems, drug dependence and reasons for drug use.

My Kid on Drugs?

Pamphlet

\$17.50 (Package of 50)

First 50 free in Ontario

Ontario PST Exempt: YES

Product Code: P125 (English)
 P1250 (French)

French Version Available: *Mon enfant prend de la drogue?*

This informative pamphlet offers reassurance and advice for parents who suspect that their child may be using drugs. It outlines signs that will alert parents to possible drug use and suggests ways to keep the lines of communication open.

Older Adult and Alcohol

Booklet

\$30.00 (Package of 25)

First 50 free in Ontario

Ontario PST Exempt: YES

Product Code: P394 (English)
 P3940 (French)

French version available: *Les aînés et l'alcool*

This booklet is designed to provide information about alcohol to seniors and their caregivers. It discusses topics such as mixing alcohol and prescription or over-the-counter drugs, signs of problem drinking and guidelines for drinking sensibly. The final section suggests a list of alternatives to drinking in situations where alcohol is used by seniors to cope with sleeplessness, pain, stress and loneliness.

Older Adult and Sleeping Pills, Tranquillizers and Pain Medications

Booklet

\$30.00 (Package of 25)

First 50 free in Ontario

Ontario PST Exempt: YES

Product Code: P393 (English)
 P3930 (French)

French version available: *Les aînés et les somnifères, les tranquillisants, les analgésiques*

This booklet provides information on the effects depressant drugs can have on seniors. The topics covered include side effects of depressants, or combinations of depressants and guidelines for appropriate depressant drug use. The final section suggests a list of alternatives to depressant drug use by seniors to help cope with sleeplessness, pain, stress and loneliness.

Safe and Sober Operator: A Community Action Manual to Promote the Safe Operation of Recreational Vehicles and Boats

Published 1994

73 pages

ISBN # N/A

\$19.95

Free in Ontario

Product Code: PG066 (English)
PG067 (French)

French version available: *Programme de sécurité et de sobriété: Guide communautaire pour la conduite sûre des véhicules et des bateaux*
74 pages.

This publication consists of a manual and a resource guide that emphasize the safe operation of boats, snowmobiles and personal watercraft. They provide a wide range of ideas and helpful tips to enable community groups and other organizations to implement the drinking and driving countermeasures that best suit their community's particular needs.

Take Action: Alcohol, Other Drug Problems and Your Family

Booklet

25 pages

\$15.00 (Package of 10)

First 50 free in Ontario

Ontario PST Exempt: YES

Product Code: PH044 (English)
PH045 (French)

French version available: *Passez à l'action! L'alcool, les autres drogues et votre famille*

This booklet is divided into two sections. The first section discusses ways that alcohol and drug problems can be prevented and the second section suggests strategies for dealing with an existing drug or alcohol problem.

What to do... if you need help with alcohol or other drugs

Pamphlet
Free in Ontario

Product Code: PZZ78 (English)
 PZZ79 (French)
 PZF01 (Spanish)
 PZF02 (Portuguese)
 PZF03 (Italian)
 PZF04 (Polish)
 PZF05 (Greek)
 PZF06 (Chinese)
 PZF07 (Hindi)
 PZF08 (Urdu)
 PZF09 (Punjabi)

French Version: *Quoi faire... si vous cherchez de l'aide pour un problème d'alcool ou d'autres drogues*

This pamphlet promotes the ARF's toll-free INFO-ARF service to those concerned with their own or someone else's alcohol and drug use. The pamphlets are available in a variety of languages.

Alcohol Concentrations of Liquid Pharmaceuticals

Suzette Khabbaz
Published 1991
50 pages
ISBN # N/A
\$7.50
Ontario PST Exempt: YES

Product Code: PZ038

Many medications and cosmetics contain alcohol, causing problems for recovering alcoholics, people with extreme alcohol sensitivity, and those on medications that interact with alcohol. An essential resource for doctors and pharmacists and persons using Antabuse® or Temposil®, this compilation lists the precise alcohol content of liquid pharmaceutical products, in order to help safeguard medical professionals and their patients.

Canadian Profile: Alcohol, Tobacco and Other Drugs, 1995

Compiled by Eric Single, Bob Williams and Diane McKenzie

Published 1995 in cooperation with the CCSA

422 pages

ISBN #1-896323-02-2

\$34.95

Ontario PST Exempt: YES

Bilingual

Product Code: P559 (Bilingual)

This statistical sourcebook provides data on alcohol, tobacco and drug use across the country, including consumption, social attitudes towards drugs and alcohol, economic aspects, and legal issues. It is a comprehensive reference book for community health centres and treatment counsellors.

Note: This publication is updated annually

International Profile: Alcohol and Other Drugs, 1994

Compiled by Bob Williams, Kit Chang, Minh Van Truong and Fadia Saad

Published 1994

170 pages

ISBN # 0-88868-213-1

\$19.95

Ontario PST Exempt: YES

Product Code: P557

This compilation of statistics provides an overview of drug, alcohol and tobacco use and abuse in more than 160 countries. Data is provided for each of the past ten years, clearly illustrating trends. Features include information on coffee and tea production, reported AIDS cases, suicides, population, longevity and birth rates.

Ontario Profile: Alcohol and Other Drugs, 1994

Compiled by: Bob Williams, Kit Chang and Minh Van Truong

Published 1994

338 Pages

ISBN # 0-88868-193-3

\$24.95

Ontario PST Exempt: YES

Product Code: P558

This in-depth look at drug use and abuse in Ontario includes information from the 1990 Ontario Health Survey and selected statistics from the 1991 Census. The data is broken down by county, making regional comparisons possible.

Note: This publication is updated annually

THE SMART REPORT: Substance Abuse and Canadian Youth

Reginald C. Smart

Published 1993

215 pages

ISBN # 0-88868-207-7

\$14.95

Ontario PST Exempt: YES

Product Code: P564

The Smart Report provides an overview of alcohol and drug use among Canadians 25 years and under. It is a handy resource for students, educators and researchers. Topics include the extent of alcohol and drug use among youth, prevention programs and their effectiveness, and the impact of media on alcohol and drug use.

Addiction Counselling Training Manual (ACT)

Peter E. Bohm and Kenneth MacDonald

Co-published by ARF and Health Canada

Published 1987

Package (Includes Trainer's Manual, Participant's Manual and Video)

ISBN # 0-88868-154-2

\$100.00

Ontario PST Exempt: YES

Product Code: PZ200 (English)

French package consists of the two manuals in French, video in English

ISBN # 0-88868-157-7

Trainer's Manual

290 pages

ISBN # 0-88868-152-6

\$65.00

Ontario PST Exempt: YES

Product Code: PZ150 (English)
PZ156 (French)

French version available: *Guide de formation des conseillers en toxicomanie: guide du moniteur*

315 pages

ISBN # 0-88868-155-0

Participant's Manual

297 Pages

ISBN # 0-88868-153-4

\$35.00

Ontario PST Exempt : YES

Product Code: PZ153 (English)
PZ159 (French)

French version available: *Guide de formation des conseillers en toxicomanie: guide du participant*

313 pages

ISBN # 0-88868-156-9

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Communications Skills Video

Video (15 minutes)

\$65.00

Ontario PST Exempt: NO

Product Code: PV069 (English only)

This comprehensive training package was developed to help probation and corrections officers, social workers, clinicians and other professionals deal with substance abuse problems among their clients.

The ACT manual provides specialized knowledge and basic information on a variety of subjects including counselling communication skills; practical drug concepts, such as hazards and risk indicators; initial interviewing techniques; and treatment planning strategies. The video *Communication Skills* is ideal for in-service training of addiction counsellors and complements the ACT manual.

Alcohol and Drug Policies: A Guide For School Boards

Addiction Research Foundation School Policy Working Group

Revised 1991

32 pages

ISBN # N/A

\$8.25

Ontario PST Exempt: YES

Product Code: PG037 (English)
PG041 (French)

French version available: *Politiques en matière d'alcool et de drogues: Guide à l'intention des conseils scolaires*

31 pages

ARF has developed this model school policy to deal with drug and alcohol use among students. Its three-pronged approach covers preventative curricula, early intervention and disciplinary action.

This guide shows how to implement the policy and provides an overview of student alcohol and drug use.

Alcohol and Drug-Related Problems: Program and Curriculum

Freda Ariella Muscovitch, James G. Rankin and Yuen-Ching Chow

Published by the Canadian Centre on Substance Abuse

1992

58 pages

ISBN # 0-9695468-2-3

\$10.00

Ontario PST Exempt: YES

Product Code: PG060

This Program and Curriculum was developed from the University of Toronto's core course: *Alcohol and Drug-Related Problems*, one of the few core undergraduate medical education programs on alcohol and other drugs in Canada. This booklet was designed for medical educators in Canada and abroad who are interested in developing similar courses or adapting their existing programs.

Alternatives: Prevention and Intervention for Alcohol and Drug Problems in Seniors

Developed in cooperative partnership between ARF, Centretown Community Health Centre and COPA (Community Older Persons Alcohol Program)

Presentation Kit (Including a 29 minute video)

\$115.00

(A special price is available to Ontario government funded agencies)

Ontario PST Exempt: NO

Product Code: PZ100 (English)

PZ107 (French)

French version available: *Options: Prévention et intervention concernant les problèmes d'alcool et de drogue chez les aînés (incluant un vidéo de 32 minutes)*

This package includes a video, overhead masters, masters for handouts, background information on seniors and drug use, a step-by-step guide for delivering great presentations, and one copy of each of the Older Adult pamphlets listed below.

Alternatives provides an overview of the unique stresses seniors face, including decreased tolerance to alcohol and drugs and the potential misuse of prescription and over-the-counter drugs. The kit is designed to help professionals give effective presentations to seniors and their care-givers.

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Information Pamphlet

\$30.00 (Package of 25)

First 50 pamphlets free in Ontario

Ontario PST Exempt: YES

Product Code:	P394 (English)	Older Adult and Alcohol
	P3940 (French)	<i>Les aînés et l'alcool</i>
	P393 (English)	Older Adult and Sleeping Pills, Tranquillizers and Pain Medications
	P3930 (French)	<i>Les aînés et les somnifères, les tranquillisants, les analgésiques.</i>

APPLAUSE: A Presenter's Guide to Parent Education About Alcohol and Drugs

Andrea Stevens Lavigne, Marg Simmons and Barbara Steep

Revised 1988

96 pages

ISBN # N/A

\$15.00

Ontario PST Exempt: YES

Product Code: PG032

APPLAUSE (Appropriate Presentations for Parents for Learning About Alcohol and Other Drugs Using Segmentation Effects) is a manual for those involved in alcohol and drug education for parents. Using the overhead masters and extensive background reading material provided, counsellors and educators can help parents prevent, identify and cope with their children's drug use.

A Guide for Planning Withdrawal Management Services in Rural and Remote Areas and Small Urban Centres of Ontario

Developed by an ARF Project Team

Published 1994

154 Pages

ISBN # N/A

\$34.95

(A special price of \$15.95 is available for Ontario government-funded agencies)

Ontario PST Exempt: YES

Product Code: PG071 (English)
PG072 (French)

French version available: *Guide de planification des services de gestion du sevrage dans les petits centres urbains, les collectivités rurales et les régions éloignées de l'Ontario*

This guide is designed to enable community-based planning groups to create, implement and evaluate relevant, cost-effective withdrawal services in small urban and rural and remote areas.

Written in a step-by-step format, the book provides a summary and questions at the end of each chapter. The experience of one local planning group, The Timiskaming Detoxification Planning Committee, provides concrete examples of how the framework can be adapted to meet the needs of a particular community

High School Education to Reduce Impaired Driving

Developed by Hamilton Centre ARF

Published 1985

42 pages

ISBN # N/A

\$4.95

Ontario PST Exempt: YES

Product Code: PG031

This manual consists of three complete lesson plans, including overhead masters, suitable for high school educators. It covers the effect of alcohol on driving skills, legal penalties for impaired driving, blood alcohol concentration and other related topics. It is recommended for use with the *Computerized Blood Alcohol Calculator (CBAC)*.

LINK: Violence against Women and Children in Relationships and the Use of Alcohol and Drugs

Lynda Corneal, Mary Harber, Donna McDougall, Robert Murray, Baldev Mutta, Wayne Skinner and Beryl Tsang

Published 1995

Presentation and training kit

309 pages

ISBN # N/A

\$50 (Special Introductory Offer, Quantities at this price are limited)

Ontario PST Exempt: NO

Product Code: PZ102 (English)
 PZ103 (French)

French version available: *LIEN: Violence contre les femmes et les enfants dans les relations et l'usage d'alcool et de drogues*

309 pages

LINK is a presentation and training package which provides detailed information on the co-relationship between substance abuse and violence against women and children. It can help you identify and understand this relationship between family violence and drug and alcohol addiction, in order to recommend complementary treatment services to meet the full range of clients' needs.

The package includes:

- a 15 minute video
- masters of handouts for distribution during presentations
- trainer's handbook
- background information for each of five modules
- needs assessment to help trainers adapt the LINK presentation for particular audiences

Personal Skills Program

(Available only in conjunction with workshop training through Halton/Peel ARF office, call (905) 270-1431 for further information)

\$60 per person (\$40 workshop fee, \$20 for the manual) or \$800 for a group of 20.

This manual complements a one-and-a-half-day training session offered by the ARF. The program is designed to help prevent high risk youth between the ages of 14-17 from developing drug and alcohol problems.

Physicians' Handbook for Medical Management of Alcohol and Drug-Related Problems

Paul Devenyi and Sarah J. Saunders

Published 1986

65 pages

ISBN # 0-88868-115-1

\$7.95

Ontario PST Exempt: YES

Product Code: PG019

This handy pocket-sized manual on alcohol and drug problems is a useful desk-top resource for general practitioners and other health care professionals. It covers recognition of problems, intoxication and overdose, withdrawal, medical complications and treatment.

Prevention in the Drug Field

Sherri R. Torjman

Training Package, (includes Instructor's Manual and 3 Monographs)

\$95.00

Ontario PST Exempt: YES

Product Code: PZ091 (English)
 PZ096 (French)

Instructor's Manual

\$85.00

Ontario PST Exempt: YES

Product Code: PZ082 (English)
 PZ083 (French)

Set of 3 Monographs - Essential Concepts and Strategies
 - Change Agent Skills
 - Program Planning and Implementation

\$25.00

Ontario PST Exempt: YES

Product Code: PZ090 (English)
 PZ095 (French)

French version available: *Prévention dans le domaine des drogues*

Designed and tested as a workshop, this program will help community workers and other drug prevention professionals implement effective prevention programs. The modular format lets you choose topics suitable to your group, under the headings Essential Concepts and Strategies, Change Agent Skills and Program Planning and Implementation. Each presentation includes an outline of learning objectives, a list of required materials, a description of participant activities and masters for making handouts.

Problems Presented By Alcoholic Clients

Michael R. Jacobs
Published 1981
124 pages
ISBN # 0-88868-050-3
\$12.95
Ontario PST Exempt: YES

Product Code: P550

This book is an excellent resource for therapists and other professional who work with alcoholic clients on an ongoing basis. It provides practical intervention strategies for dealing with common therapy roadblocks including denial, lateness to appointments, games-playing and refusal to take medication.

Quality Assurance in Substance Abuse Treatment

34 pages
ISBN # N/A
\$10.00
Ontario PST Exempt: YES

Product Code: PZZ01

This document is a useful guide for addictions treatment agencies in their reviews of operation. Distributed widely in Ontario, it describes standard methods of quality assurance, covering management structure, programs and service, and personnel.

STOP SMOKING: A Program for Women

Marjorie Kort and Sherryl Smith; developed as a cooperative partnership between ARF and the Centretown and Somerset West Community Health Centres.

Facilitator's Guide (Binder)

Published 1993

213 pages

ISBN # N/A

\$24.95

Ontario PST Exempt: YES

Product Code: PG063 (English)
PG064 (French)

French version available: *Arrêter de fumer: Un programme à l'intention des femmes*

Guide de l'animateur

222 pages

Community health workers, "stop smoking" counsellors and smokers themselves will be interested in this program's approach. This guide outlines a tested, step-by-step program, based on a holistic group approach that touches on every aspect of a woman's life. It includes strategies for stress management, relaxation, weight control, staying smoke-free and boosting self-esteem.

Teacher Training in Prevention (TTIP)

Participant's Package, (includes Action Planner and Sourcebook)

\$20.00

Ontario PST Exempt: YES

Product Code: PG053 (English)
PG055 (French)

Trainer's Guide

\$24.00

Ontario PST Exempt: YES

Product Code: PG052 (English)
PG056 (French)

French version available: *Formation des enseignants en prévention*

Drug prevention programs are the most effective way to encourage students to lead drug-free lives. TTIP provides educators with the skills to implement such a program. The Participant's Package contains an Action Planner, with strategies, worksheets, sample

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forms and planning tools; and a Sourcebook consisting of "plain-language" articles, booklets and reports. The Trainer's Guide gives expert trainers the materials to conduct their own 2- or 3-day TTIP workshop, and explains how to customize the program for individual needs.

Youth and Drugs: An Education Package for Professionals

Co-produced with Health Canada

Self-Study Package includes five videos with corresponding workbooks
a self study guide and a Book of Readings.

Single Copy:	\$145.00
2-5 Copies:	\$125.00 each
6 or more copies	\$115.00 each

Ontario PST Exempt: NO

Product Code: PY001

This package was produced for those who come into regular contact with young people, helping them identify and respond to youth in the early stages of drug dependency. The package has five units: Adolescent Development, Drugs and Their Use, Identification, Assessment, and Intervention and Treatment, each consisting of a workbook and video. A collection of articles, entitled *Drug Use by Adolescents: Book of Readings* is included. This book is also available separately, please see individual product listing.

Alcohol: The Inside Story

Educational Kit with Video (9 min., 25 sec.)

Produced 1985

\$50.00

Ontario PST Exempt: NO

Product Code: PVK14 (English)
PVK29 (French)

French version available: *Vue de l'intérieur*

Intended for grades 1 to 6, this kit covers the long-term effects of alcohol use; alcohol as a drug; and the risk of accidents while intoxicated. In the video, prim Aunt Marsha and boozy Uncle Ned compare the health of their hearts and livers, and Robot finds out how bad it feels to be drunk.

Alcohol Withdrawal Syndrome

Released 1985

Video (60 minutes)

\$250.00

Ontario PST Exempt: NO

Product Code: PVK44

This step-by-step training video shows effective ways to assess and manage alcohol withdrawal. Designed for emergency room professionals, medical and nursing students, detox workers and those working in psychiatric units, it is presented in three modules: Introduction, Assessment and Treatment.

...And the Door Was Opened

Released 1988

Video (60 minutes)

\$75.00

Ontario PST Exempt: NO

Product Code: PV168 (English)
PV171 (French)

French version available: *...Et une porte s'ouvrit*

This video looks at the Ontario non-medical detoxification model, its history, its operation today and its place in the addiction services field across the province. It is an excellent resource for persons advocating detox services and those with an interest in social policy development.

Butt It Out

Educational Kit with Video (9 min., 30 sec.)

Produced 1984

\$50.00

Ontario PST Exempt: NO

Product Code: PVK05 (English)
 PVK23 (French)

French version available: *Écrase*

This kit teaches children in grades 1 to 3 about peer pressure, second-hand smoke, the physical effects of smoking, and personal responsibility for health. In the video, Robot smokes because it's cool - but when he tries to run he runs out of breath. Children are reminded that robots can easily get new lungs, but people can't.

Cannabis and You

Released 1987

Video (12 minutes)

\$75.00

Ontario PST Exempt: NO

Product Code: PV150 (English)
 PV 153 (French)

French version available: *Le cannabis et vous*

Cannabis is still the most popular illegal drug used by high school students. This video aims to teach students aged 13 years and older about the drug, its addictive properties and the penalties for using it. The video examines how teenagers can resist pressure to use cannabis. An ideal classroom and library resource.

The Choice is Yours

Co-produced with the Ontario Chiefs of Police

Released 1987

Video (29 minutes)

\$100.00

Ontario PST Exempt: NO

Product Code: PV159 (English)
 PV162 (French)

French version available: *À vous de choisir*

Educators, school boards, parent organizations, youth groups and police will find this video valuable in teaching kids 13 years and older to make healthy decisions about alcohol and drugs. Five short segments deal with commonly abused drugs, showing actual experiences with drug abuse and the consequences faced by users.

Cooling Out

Released 1994

Video (30 minutes)

\$95.00

Ontario PST Exempt: NO

Product Code: PV195

This two-part video is designed to help anyone who deals with the public and faces disruptive behaviour such as threats, sexual harassment, destruction of property, assault or other behaviour that could pose a threat to personal safety.

Using realistic scenes, Part 1 explains how to identify triggers that could provoke disruptive behaviour. Part 2 illustrates the techniques that can be used to prevent a situation from escalating, and also looks at the relationship between substance abuse and disruptive behaviour. An informative training video for anyone working with the public.

Dr. Cooper Series

Six Educational Kits with Videos

\$200.00 (special price - for set of six)

Ontario PST Exempt: NO

Product Code: PVK00 (set of six) - Alcohol: The Inside Story
 - Butt It Out
 - Keep Off The Grass
 - Leave It Alone
 - Never Listen To A Bottle
 - Nothing To Sniff At

French versions available: série Dr. Bernard

Each of these six teaching kits includes a lively video, a teacher's guide and a "coming soon" poster. The videos feature the characters Dr. Cooper, his Robot, and lab assistants Melvin the dog and Martha the mouse, who explore a variety of alcohol and drug-related issues in a fun way.

Drinking, Driving and the Law

Released 1989

Video (27 minutes)

\$95.00

Ontario PST Exempt: NO

Product Code: PV183

This video is an effective resource for educators, police officers and driving instructors. Using one impaired driver's experiences — from spot-checking to sentencing — this video examines a wide range of issues, including penalties for first-time and repeat offenders.

Drugs and You

Released 1989

Video (60 minutes)

\$95.00

Ontario PST Exempt: NO

Product Code: PV177 (English)
 PV180 (French)

French version available: *Les drogues et vous*

In this video, ARF scientists Dr. Harold Kalant and Dr. Kevin Fehr explain the effects of such drugs as stimulants, depressants and hallucinogens; and explore how to control drug use in today's free society. It is geared toward students of pharmacology and medicine, and anyone interested in drug control policy.

Drugs and You - Highlights

Released 1989

Video (27 minutes)

\$75.00

Ontario PST Exempt: NO

Product Code: PV192

Based on the video *Drugs and You*, with most of the technical pharmacology removed. Again discussing drug effects and drug control, this video is suitable for those interested in drugs and their impact on society.

Fetal Alcohol Syndrome

Released 1992

Video (13 minutes)

\$100.00

Ontario PST Exempt: NO

Product Code: PV102

Mary Atkins is a recovering alcoholic who is afraid that drinking during pregnancy has hurt her children. Now an alcoholism counsellor on the Six Nations' Reserve, she shares her story on this video. The dangers of drinking during pregnancy are examined and Fetal Alcohol Syndrome—the connection between birth defects and heavy drinking—is explained. This is an excellent resource for pre-natal class teachers and public health nurses.

Group Therapy: Stages of Group Growth

Released 1988

2 videos (80 minutes total)

\$250.00

Ontario PST Exempt: NO

Product Code: PV174

Produced for addiction counsellors in training, these videos cover four months in the lives of the members of one treatment group. The production reveals their stages of growth, and how the facilitator helped group members to achieve them. The concepts explored in the video can be applied to any therapy group, even outside the addictions field.

Inhalant Abuse

Released 1988

Video (26 minutes)

\$95.00

Ontario PST Exempt: NO

Product Code: PV156

Research findings confirm that brain damage from solvent and aerosol abuse is permanent and irreversible. *Inhalant Abuse* discusses these findings, examines the specific effects of inhalant abuse, and teaches parents, teachers and health care professionals how to identify abusers.

Inhalant Abuse (Edited)

Released 1988

Video (16 minutes)

\$75.00

Ontario PST Exempt: NO

Product Code: PV189

This edited version of *Inhalant Abuse* is intended for classroom use for students 13 and over. It teaches the dangers of this potentially lethal type of substance abuse, but graphic scenes depicting actual inhalant abuse have been edited out.

Just for a Few Drinks

Released 1987

Video (15 minutes)

\$55.00

Ontario PST Exempt: NO

Product Code: PV165

The Trinity Theatre Group performs in these three five-minute vignettes on teen drinking situations. This video provides opportunities to discuss social drinking, the consequences of impaired driving and other issues. Ideal for classroom use.

Just for Me

Print Package

Developed in partnership with Health Canada

\$20 (Special one-time price while quantities last)

Ontario PST Exempt: YES

Product Code: P565 (English)
P566 (French)

French version available: *Écoute ton coeur*

This program is aimed at children in grades two, three and four and is designed to prevent tobacco, alcohol and drug use. Originally used in a workshop by CPD and TEDD staff, these materials are available only while supplies last. The print package consists of the following components:

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- 1) Facilitator's Guide
- 2) Parent Book
- 3) Parent Workshop Leaders
- 4) Peer Helper Handbook
- 5) Teacher's Guide

Just for Me

Video Package

Developed in partnership with Health Canada

\$30 (Special one-time price while quantities last)

Ontario PST Exempt: NO

Product Code: PV198 (English)
 PV199 (French)

French version available: *Écoute ton coeur*

This video package consists of an hour-long overview of the *Just for me* program, three 15 minute segments for parents and six 15 minute segments for children designed for classroom use.

Keep Off The Grass

Educational Kit with Video (9 min., 30 sec.)

Produced 1986

\$50.00

Ontario PST Exempt: NO

Product Code: PVK17 (English)
 PVK20 (French)

French version available: *Pas de pot, mon pote*

This kit describes the short- and long-term effects of marijuana use, as well as its health and legal consequences. In the video, we discover that Mike the handyman has been smoking pot for years, and no longer knows which way is up. A chorus of singing police officers warns what happens if you're caught with marijuana.

Leave It Alone

Educational Kit with Video (9 min., 30 sec.)

Produced 1985

\$50.00

Ontario PST Exempt: NO

Product Code: PVK38 (English)
 PVK41 (French)

French version available: *N'y touche pas*

This kit teaches preschoolers to recognize warning labels and avoid unknown substances. In the video, Melvin's puppet nephews arrange a surprise birthday party for him, and search the house for candy, drinks and other colourful treats.

Motivation and Change

Released 1990

2 videos (120 minutes total)

\$250.00

Ontario PST Exempt: NO

Product Code: PV186

The key to success in addictions therapy is getting the client to admit a problem and change the behaviour related to the problem. These videos show social workers and treatment professionals how to meet this challenge, illustrating the theory and practice of client motivation, and ways to deal with resistance.

Never Listen To A Bottle

Educational Kit with Video (9 min., 25 sec.)

Produced 1985

\$50.00

Ontario PST Exempt: NO

Product Code: PVK11 (English)
 PVK26 (French)

French version available: *Ferme tes oreilles à la bouteille*

This kit helps children up to grade 6 learn about: the short-term effects of alcohol, alcohol advertising, and the hazards of drinking and driving. In the video, Dr. Cooper compares the driving skills of heavy drinker Fred, light drinker Melvin, and abstainer Martha. A talking beer bottle tempts Robot to take a drink.

Nothing To Sniff At

Educational Kit with Video (9 min., 30 sec.)

Produced 1985

\$50.00

Ontario PST Exempt: NO

Product Code: PVK32 (English)
 PVK35 (French)

French version available: *Pas de quoi renifler*

Also geared for students in grades 1 to 6, this kit explains the harmful effects of inhalants such as glue and other household products. In the video, poor Melvin accidentally sniffs some of Dr. Cooper's chemicals and experiences horrible hallucinations.

Play Your Hand

Released 1985

Video (40 minutes)

\$150.00

Ontario PST Exempt: NO

Product Code: PV114 (English)
 PV117 (French)

French version available: *Jouer la bonne carte*

In this video, realistic vignettes show the dynamics of employees experiencing financial, marital and alcohol-related problems. It offers advice to managers, supervisors and staff members and demonstrates how to recognize problems and deal with them constructively.

Rx Triangle

Released 1992

Video (26 minutes)

\$95.00

Ontario PST Exempt: NO

Product Code: PV194

Double-doctoring, prescription forging and tampering - these are some of the tactics used by con artists to illegally obtain prescription drugs. **For sale to qualified health care professionals only**, this video shows how to identify forged and altered prescriptions, and how to prevent double-doctoring.

Alcohol Use Across The Life Course

Kaye Middleton Fillmore

Published 1988

121 pages

ISBN # 0-88868-163-1

\$15.00

Ontario PST Exempt: YES

Product Code: PB001

This report is a critical review of studies examining alcohol abuse and drinking patterns. It focuses on the effects of alcohol in different cultures and stages of life, providing specific data aimed at reducing the harmful effects of alcohol. An important reference book for any alcohol abuse treatment professional.

Alcoholism: From Recognition to Recovery

Arthur Herscovitch, Ph.D.

Published 1989

88 pages

ISBN # 0-88868-183-6

\$12.95

Ontario PST Exempt: YES

Product Code: PB004

How do you know when someone is alcoholic? What can you do to help? This book answers these and many more questions about alcohol abuse in clear, concise language. It dispels many misconceptions about alcoholism uses case histories to illustrate the problems faced by alcoholics and describes effective treatment methods.

Computerized Blood Alcohol Calculator (CBAC)

Bhushan M. Kapur

Computer Disk and User's Guide

3½" or 5¼" disks, IBM compatible (please indicate disk size when ordering)

\$95.00

Ontario PST Exempt: YES

Product Code: PD008

This software and User's Guide can be used by police, driving instructors and others to show how age, height, weight, gender and alcohol consumption can affect a person's blood alcohol concentration. Each user inputs his or her personal information and alcohol intake over a given period of time.

CBAC can calculate:

- their BAC after consuming a variety of drinks, such as beer, wine and liquor
- how many drinks in a given period might put them over the limit
- how much time must pass before their BAC would fall below the limit
- and a number of other options.

Drug Dependence: From Recognition to Recovery

Arthur Herscovitch, Ph.D.

Published 1992

81 pages

ISBN # 0-88868-195

\$12.95

Ontario PST Exempt: YES

Product Code: PB005

In this volume, Dr. Herscovitch tackles drug abuse issues in the same clear style used in his earlier book on alcoholism*. Topics include why people use drugs; commonly abused drugs and their effects; physical and legal consequences of drug abuse; identification and denial of drug abuse; and treatment options.

* *Alcoholism: From Recognition to Recovery*

Drugs, Society and Personal Choice

Harold Kalant and Oriana Josseau Kalant

Published 1972

160 pages

ISBN # 0-7737-7001-1

\$4.95

Ontario PST Exempt: YES

Product Code: P497

Written by two of Canada's leading drug authorities, this text examines society's attempts to cope with drug use. It is designed to inform a general audience about the uses of various drugs, the many consequences of drug abuse, and the roles of government, education and researchers in controlling drug abuse.

Drug Use By Adolescents: Book of Readings

Edited by Helen M. Annis and Christine S. Davis

Published 1991

155 pages

ISBN # 0-88868-189-5

\$18.95

Ontario PST Exempt: YES

Product Code: PG058

This book answers many questions about drug use during the teenage years. It offers current findings on substance abuse trends, assessment methods, clinical treatments, and related family issues. An ideal resource for educators and others in the youth counselling field. This book is included with the *Youth and Drugs* package, see separate listing.

Employee Assistance Program (EAP) Posters

\$10 for a set of 4 titles, 5 per title

Product Code: PP005 (English)
PP006 (French)

These simple yet effective posters can promote awareness of and participation in your EAP program. Each poster can be personalized with names of contact persons and telephone numbers. The posters are printed on glossy paper, and measure 27 x 36 cm (10.5 x 14 inches).

Forbidden Highs

Reginald G. Smart

Published 1983

244 pages

ISBN # 0-88868-078-3

t\$4.95

Ontario PST Exempt: YES

Product Code: P555

This volume provides a general overview of drug use, including a historical look at drug use in Canada, the nature of several drugs and the extent of their abuse, Canadian laws to prevent and control abuse and the future of illicit drug use and prevention.

The Forgotten Children

R. Margaret Cork

First published 1969

112 pages

ISBN #0-7701-0365-0

\$3.50

Ontario PST Exempt: YES

Product Code: P495

Based on interviews with more than 100 children, one or both of whose parents were alcoholic, this book looks at the effects of alcoholism on these children. It calls for an increased understanding of this problem by teachers, social workers, psychologists and physicians.

The Legal Rights, Powers and Obligations of Educators Regarding Student Alcohol and Drug Use

Robert Soloman and Sydney J. Usprich

Revised 1991

21 pages

\$8.25

Ontario PST Exempt: YES

Product Code: PG038 (English)
PG042 (French)

French version available: *Droits, pouvoirs et obligations légales des éducateurs concernant l'emploi d'alcool et de drogues par les élèves.*

Do you have the right to search a locker you suspect contains drugs? Are you obliged to tell kids on school property to stop smoking? Educators and administrators must know their responsibilities concerning student alcohol and drug use. This text covers all the relevant laws, including the Education Act, the Trespass to Property Act and the Criminal Code.

Maier's Cocaine Addiction (Der Kokainismus)

Originally written by Dr. Hans W. Maier

Translated and edited by Oriana Josseu Kalant

Published 1987

263 pages

ISBN # 0-88868-160-7

\$25.00

Ontario PST Exempt: YES

Product Code: P562

This volume, written in the 1920's wave of cocaine use during the Jazz Age, is an important seminal work, now available in English. A detailed clinical observation of heavy cocaine use, it was the winner of the 1989 British Journal of Addictions Book Prize for translation, and is useful for any cocaine addiction professional.

The New Drinkers: Teenage Use and Abuse of Alcohol

Reginald G. Smart

Published 1976

163 pages

ISBN # 0-88868-043-0

\$4.95

Ontario PST Exempt: YES

Product Code: P543

This book looks at alcohol consumption by young people and examines why, when and where they drink. It also examines how the legal drinking age and parental drinking can influence youthful drinking. Finally, it discusses the role of parents, schools and the government in preventing alcohol abuse by young people.

Northern Spirits: Drinking in Canada Then and Now

Reginald G. Smart and Alan C. Ogborne

Published 1986

191 pages

ISBN # 0-88868-129-1

\$4.95

Ontario PST Exempt: YES

Product Code: P561

This volume, suitable for alcoholism researchers and counsellors, is a historical perspective on the use of alcohol in Canada, from pioneering days, through Prohibition, to the post-Industrial era. It discusses Canadian drinking patterns, how much Canadians drink, alcoholism and prevention in Canada.

On TRACK: Guidelines to Creating an Employee Assistance Program

Published 1993

64 pages

ISBN # 0-88868-204-2

\$19.95

Ontario PST Exempt: YES

Product Code: PP010 (English)
 PP014 (French)

French version available: *Sur la bonne voie: Directives pour la création d'un Programme d'aide aux employés*
62 pages

Managers, workers and business students will be interested in the 13 steps to setting up an Employee Assistance Program (EAP) outlined in this volume. Topics include how to obtain agreement from management, staff and unions; find the resources needed to run the program; and launch and promote the EAP. Also included are sample checklists and policy statements which EAP organizers will find useful.

Progressive Muscular Relaxation

Audiotape (43 minutes)

\$9.00

Ontario PST Exempt: NO

Product Code: PA017 (English)
 PA018 (French)

French version available: *Relaxation Musculaire Progressive*

Progressive Muscular Relaxation is a popular self-help program for people who want to reduce tension throughout the day. This audio tape teaches how to relax muscle groups, reduce stress, and identify situations that create tension. Its principles can be used by anyone who needs to learn to relax.

Ready or Not!

Published by Health and Welfare Canada
Print Package
Free in Ontario

Please forward all orders to Kim Karioja: **Thunder Bay ARF**
68 North Algoma Street
Bureau 102
Thunder Bay, P7A 4Z3

French version available: *Partons du bon pied!*

Ready or Not! is a program designed to help parents of children ages 8-12 build on and improve their parenting skills. The program provides information on "gateway" drugs (alcohol, tobacco, inhalants and marijuana) and on developing positive parent-child communication. It is written in clear, easy-to-understand language and is designed for parents who have difficulty getting this type of information, perhaps because of income or literacy level, or because of social and/or geographic isolation.

The print package consists of the following components:

Facilitator's Guide

149 pages
ISBN# 0-662-20841-2 English

Product Code: PRN01 (English)
 PRN08 (French)

French version: *Guide d'animation*
151 Pages
ISBN# 0-662-98502-8 French

Describes the principles of adult education, gives ideas for recruiting and facilitating a group and provides sample plans for each of the six *Ready or Not!* sessions.

...(Cont'd)

Guide for Sponsoring Organizations

32 Pages

ISBN# 0-662-20840-4 English

Product Code: PRN02 (English)
PRN09 (French)

French version: *Manuel a l'intention des organismes de mise en oeuvre*

32 Pages

ISBN# 0-662-98501-X French

Gives interested organizations details on planning, organizing and implementing a *Ready or Not!* program.

Blue Parenting Book: Drugs: Preventing a Problem

32 pages

ISBN# 0-662-18003-8 English

Product Code: PRN03 (English)
PRN10 (French)

French version: *S'allier contre la drogue*

32 pages

ISBN# 0-662-96245-1 French

Contains information about "gateway" drugs and outlines what parents can do to discourage drug use by their children.

Red Parenting Book: Parenting a Pre-Teen

32 pages

ISBN# 0-662-18002-X English

Product Code: PRN04 (English)
PRN11 (French)

French version: *Votre préadolescent et vous..*

32 pages

ISBN# 0-662-96244-3 French

Gives information on listening to kids, helping them feel good about themselves, learning about making decisions. It also contains information to help parents handle the stress in their lives and find support and help when they need it.

...(Cont'd)

Promotional brochure

ISBN# 0-662-59854-7

Product Code: PRN05 (Bilingual)

Poster: Ready or Not!

Product Code: PRN06 (English)
PN13 (French)

French version *Partons du bon pied!*

Facilitator Training Manual

73 pages

ISBN# 0-662-20841-2 English

Product Code: PRN07 (English)
PRN14 (French)

French version: *Manuel de formation des animateurs*

111 pages

ISBN# 0-662-98500-1 French

Provides a training schedule and activities that not only familiarize facilitators with the program philosophy and background, but also provide opportunities to learn and practise strategies in facilitation that will make leading *Ready or Not!* groups a successful and pleasurable experience.

SAYING WHEN: How to Quit Drinking or Cut Down

Martha Sanchez-Craig

Published 1993, Second Edition 1994

79 pages

ISBN # 0-88868-198-4

\$24.95

Ontario PST Exempt: YES

Product Code: PG057 (English)
PG070 (French)

French version available: *C'est assez! Comment arrêter de boire ou réduire votre consommation d'alcool.*

82 pages

ISBN # 0-88868-208-5

For over 20 years, Dr. Martha Sanchez-Craig has been helping people to overcome drinking problems. Her methods have been tested and proven effective for hundreds of people. *Saying When* dispels myths about drinking and answers questions such as:

- How much alcohol is too much?
- Is alcoholism an inherited disease?
- How do drinking habits develop?
- How do people deal with drinking problems?

This manual offers a step-by-step self-help program for effectively cutting down or quitting drinking. It provides privacy, confidentiality and the option to set your own goals for success.

Smokes and Ladders

Boardgame

\$15.00

Ontario PST Exempt: NO

Product Code: PM001

Based on the classic boardgame, *Smokes and Ladders* helps kids aged 7 to 11 learn about the risks of smoking and drinking, and the benefits of abstinence. This durable, colorful game features cartoon children making tough choices about alcohol and tobacco use, and is a fun classroom tool for health educators.

Theories on Alcoholism

C.D. Chaudron and D.A. Wilkinson

Published 1988

498 pages

ISBN # 0-88868-162-3

\$39.50

Ontario PST Exempt: YES

Product Code: PB002

Eighteen researchers, all specialists in the field of alcohol addiction, contributed theories to this volume on how and why alcoholism occurs. The theories are organized into three sections; biological, psychological and social, so that readers can compare each theory within a consistent framework. This book will be of interest to both treatment professionals and students of social work and psychology.

Unemployment, Alcohol and Drugs

Judith Groeneveld, Martin Shain and James Simon

Published 1990

152 pages

ISBN # N/A

\$16.50

Ontario PST Exempt: YES

Product Code: PWP28

In the early 1980's, the ARF studied the effects of unemployment on 200 Ontario residents. The results, including a discussion on the relationship between joblessness and substance abuse, are contained in this detailed publication. It is geared towards employment counsellors, sociology students, community health workers and interested researchers.

Women, Work and Wellness

Edited by Virginia Carver and Charles Ponée

Published 1989

308 pages

ISBN # 0-88868-186-0

\$24.95

Ontario PST Exempt: YES

Product Code: PB003

This collection of writings examines a wide range of women's health and workplace issues. Topics include family policy and employer-assisted childcare in Canada; stress and the working woman; and wife and child abuse programs in the workplace. An ideal reference for anyone researching the effect of the workplace on women's health.

Youth Action Program

Evelyn Vingilis, Robert Mann, Paulette Walters and Ruth McKneson

A collaboration of the Cabbagetown Community Arts Centre and the ARF

Published 1993

\$24.95

Free in Ontario for non-profit and government funded organizations

Ontario PST Exempt: YES

Product Code: PZZ88 (English)
PZZ89 (French)

French version available: *Programme Action Jeunesse*

This program is designed for young people aged 13 to 19 who have leadership potential and are interested in becoming "peer helpers". With the help of a program facilitator young people are taught to develop a project to help "high risk" youth with alcohol or drug problems. The three main project components are leadership training, project development and project delivery.